



## Health Services Center

Bldg. 831 on F Avenue

### ¡SALUD!/EAP

MO 307 - SE of Bldg. 831

brown mobile between two tin mobiles

[go to map >>>](#)

505-844-HLTH (4584)

[health@sandia.gov](mailto:health@sandia.gov)

## ¡SALUD! Fitness Activity Classes

¡SALUD! Fitness Activity classes listed in this table are held in MO 307  
[go to map >>>](#)

July 2004	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am- 7:15am		Strengthening and Toning		Strengthening and Toning	
11:15am- 12:00pm	Strengthening and Toning	Strengthening and Toning	Strengthening and Toning	Strengthening and Toning	Strengthening and Toning
Area V 12:00pm- 1:00pm	Cardio and Tone		Cardio and Tone		
12:15- 1:00pm	Beginning Yoga	Strengthening and Toning	Beginning Yoga	Strengthening and Toning	Beginning Yoga
4:00- 4:45pm		Kickboxing		Kickboxing	
5:00- 5:45pm		Stretching and Abdominal Strengthening		Stretching and Abdominal Strengthening	
5:00- 6:00pm	Step		Step		

[Print this schedule html](#) or [pdf](#)

**Completion of the Online HRA questionnaire is required prior to participation in ¡SALUD!**

**Fitness Activity Classes**

Log on to the ¡SALUD! Online Services

<http://www.healthcalc.net/online/sandia>

**Health Risk Assessment Questionnaire with Cholesterol/Measurements**

Just as knowing where you are on a map is critical to plotting a good course to your destination, getting a current assessment of your health and fitness status can help in tailoring an effective wellness program to meet your specific needs. The HRA includes a glucose screening (no fasting necessary), blood pressure check and body measurements.

Log on to the

¡SALUD! Online Services

<http://www.healthcalc.net/online/sandia>

**Health Risk Assessment (HRA) Consultation**

In addition to your cholesterol/measurements appointment, you have the opportunity to have a personalized follow up consultation session to discuss the results of your Health Risk Assessment reports. You will receive recommendations on how to assess your current risk levels, reduce your risk for disease and injury, and optimize your current state of wellness.

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(505) 844-HLTH (4584) | [health@sandia.gov](mailto:health@sandia.gov)

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